

# MY PERSONAL SAFETY PLAN

## Before I Leave



Things I can do to prepare to leave without my partner finding out:

- 1.
- 2.
- 3.
- 4.

Things I can do to increase my independence right now:

- 1.
- 2.
- 3.
- 4.

I will pack these items in my emergency bag:

- 1.
- 2.
- 3.
- 4.

- 5.
- 6.
- 7.
- 8.

I will keep my emergency bag at:

## Important Documents to Take or Make Copies Of

- My and my children's birth certificates
- My and my children's social security cards
- My and my children's IDs
- Money and credit cards that are in my name
- A copy of my Order of Protection
- My divorce and custody papers
- My marriage license
- A copy of my lease agreement
- The deed to my house
- The title, registration, and insurance papers for the car
- My and my children's health and life insurance paperwork
- My and my children's medical records
- My children's school records
- My and my children's work permits, green cards, visas, and/or passports
- My and my children's medications
- Keys to the house and car(s)
- My and my children's valuable jewelry
- A list of contact information (including address and phone numbers) of any friends or family that could help me
- Keys to my safety deposit box and/or my post office box
- **Any evidence I have of my abuse**

## Backup Plans

Plan A:

Plan B:

Plan C:

# After I Leave

Ways I can increase the safety of **my new home**:

- 1.
- 2.
- 3.
- 4.

Ways I can increase the safety of **my children**:

- 1.
- 2.
- 3.
- 4.

Ways I can increase my safety while I'm at **work or in public**:

- 1.
- 2.
- 3.
- 4.

Ways I can increase my safety while using **social media or technology**:

- 1.
- 2.
- 3.
- 4.

Ways I can increase my safety with my **Order of Protection**:

- 1.
- 2.
- 3.
- 4.

Ways I can increase my **emotional safety**:

- 1.
- 2.
- 3.
- 4.

- 1.
- 2.
- 3.
- 4.

- 1.
- 2.
- 3.
- 4.

## Important Phone Numbers

Emergency

911

Non-Emergency

(615) 862-8600

MNPD Domestic Violence Division

(615) 880-3000

YWCA 24/7 hotline + shelter

1-800-334-4628

Morning Star Sanctuary 24/7 hotline + shelter

(615) 860-0003

Family Safety Center

(615) 880-1100

Jean Crowe Advocacy Center (court)

(615) 862-4767

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